

THE EAGLE

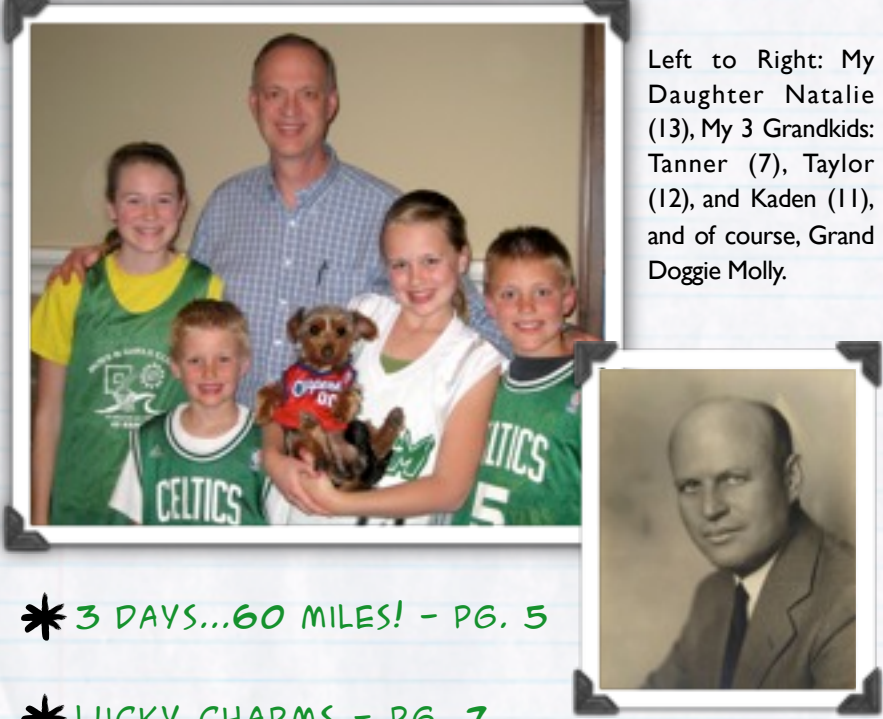
BROUGHT TO YOU BY DAVIES EYE CENTER

MARCH MADNESS

Is Upon Us!!

By March Madness, I am referring to the month when youth, high school and college basketball tournaments erupt all over the place. My grandkids just finished their season ending tournaments and had a ball. It reminded me of the basketball history in my family.

My mother and her brothers grew up in southern Indiana, a traditional hotbed of basketball. Many of you will remember the movie "Hoosiers", the story of a small-town Indiana high school basketball team that made it all the way to the state championship game in the 1950s. Every time I watch that old film I do so with a sense of nostalgia, remembering the stories my mother would tell of the basketball passion surrounding her youth. Mom was fond of telling about the time my uncle took a hard foul that led to a bench-clearing



Left to Right: My Daughter Natalie (13), My 3 Grandkids: Tanner (7), Taylor (12), and Kaden (11), and of course, Grand Doggie Molly.

* 3 DAYS...60 MILES! - PG. 5

* LUCKY CHARMS - PG. 7

My Grandpa Pottinger

brawl. The stands emptied and a mid-court melee ensued with my grandfather in the middle of the fight "protecting" my poor uncle. (I think Grandpa Pottinger, that feisty Scotsman, enjoyed the opportunity to mix it up a bit) He actually knocked his best friend out when he wheeled around and punched the guy behind him, thinking he was an attacker from the other side.

-Continued on page 3



CONFUSED & LOST?
With Over 56 Options To Choose From...Which Option Is Best For You.? - See Pg. 2



NEW VISION...NEW GOLF GAME: Daniel Improves His Luck On & Off The Green. - See Pg. 4



POT O' GOLD WINNER
Look Who's Off To Costco For A Spending Spree! - See Pg. 6



STUCK IN THE INSURANCE MAZE?

5 Tips To Your Best Healthcare Plan

- ✓ Can You Choose Your Doctor?
- ✓ Choose The Plan That Best Meets Your Medical Needs.
- ✓ Consider Cost vs. Quality.
- ✓ Ask Friends & Family For Feedback.
- ✓ Use San Diego Patient Advocacy Group, (800) 434-0222 As A Good Resource For Answering Your Healthcare Questions.

Dear Sherry

Dear Sherry is written by Sherry Bishop, also known as 'Mother Hen' here at Davies Eye. She is the proud mother of five children and four grandchildren. Dear Sherry has become a very popular column within the Davies Eye family, now over 5,500 patients strong.

Dear *Sherry*,

Every year Medicare has an open enrollment period so that I can review my Medicare plan and make changes if I want to. This is so confusing to me that I just opt to stay with the plan I have. Do you have any helpful hints for people like me? How do I begin to get through the insurance maze?

Signed, *Last In The Maze*

Dear *Last*,

You are not alone. Last year Medicare had about 56 plans from which to choose. If you choose a new prescription plan (part D) you could be choosing to change the medical portion of your plan without even knowing it. If you choose to work with an insurance broker, you may not be getting all of your choices but only what that agent is selling. That being said, there ARE some very good agents which do a good job of helping you know which plan is best for you. Get references from friends who have used that particular agent and are happy with the results.

One thing to consider is cost vs. quality of care. Can you go to whichever doctor you want or do you have a very restricted list from which to choose? HMO plans such as Secure Horizon are very cost effective but you are assigned to a doctor that you may or may not like. If you prefer to choose your doctors and want to be able to go anytime you feel the need then a PPO plan or Medicare Part A&B may be your best choice.

Patient Advocacy Group in San Diego, (800) 434-0222, is a good resource and can help you evaluate and assess which plan would be best for you taking into consideration your prescription and medical needs as well as your financial situation. When it comes to insurance plans, one size does not fit all.

Signed, *Sherry*

Have A Question
For Sherry?

Write Dear Sherry at:
Sherry@davieseye.com
or 655 Laguna Drive Carlsbad, CA 92008



Front Page Continued...

My paternal grandfather was nearly killed in a coal mining accident in south Wales. Unable to work in the mines, he bought an old delapidated double-decker bus, fixed it up, painted it and started giving scenic tours of the area (including Swansea from whence Catherine Zeta Jones hails--she may be a distant cousin!). Since that business didn't quite match his mining income, Grandpa Davies scraped the family savings together and started a pub. The family pub, "The Colliers (Coal Miners) Arms", continues to thrive to this day. He finally threw caution to the Welsh wind, packed up the young family and came to America. I think a bit of that feistiness ('full of spirit or pluck, spunk') spilled over from both sides of the family. It was certainly in my mother who left home at a young age because her religious beliefs conflicted with those of her parents. That 'plucky-spunky'

sense of confidence and adventure was in my father as well. He left a comfortable position with General Motors after graduating at the top of his class at the General Motors Institute, and announced to my mother (on their wedding day) that he had quit his job and was starting his own company. When in my professional life people wonder if I have "gone mad" by being one of the very first to adopt the following new technologies:

Crystalens, Endoscopic CycloPhotocoagulation or ECP for glaucoma, ExPress Shunt, Ologen Collagen Matrix, Meibomian Gland Probing

My natural response is that if it is madness that pushes me on, then madness is a very good thing indeed. Perhaps it's in the genes, but I think it's just part of being an American. That same sense of adventure that led Columbus and



the Pilgrims to these shores later fueled Lewis and Clark, Walt Disney, Neil Armstrong and Buzz Aldrin, and any number of other great Americans who left a lasting impression on our nation and, in many cases, on the world. It is just part of our fabric and DNA. I thoroughly enjoy the opportunity that is mine to interact with so many wonderful people on a daily basis. The rich lives that you, our patients, have led, and the many contributions that you have made in your lives are truly inspiring. All of us feel blessed by our association with you. As we move into March, let's all feel the spirit of 'March Madness' that has made our country great, and let's remember that 'Madness' that has made us who we are. Yes, I guess I have gone a bit mad....won't you join me?



Back Row - Justin Bishop, Gina Jorgenson, Andrea Muniz, Amanda Isaacs, Sherry Bishop & Margery Ohlson.
Front Row - Bryn Dean, Angie Teanio, Dr. Davies, Dr. Kleman, Joanne Davidson & Vicky Campbell.

“How **Lucky** AM I?”

The following quote from Ecclesiastes expresses exactly how I feel about my wonderful staff and patients like you:

“A faithful friend is a strong defense: and he that hath found such an one hath found a treasure.”

- Ecclesiastes 6:14

I'd have to say “**Lucky**” is a huge understatement! A BIG thank you to my staff for all they do.

DR. DAVIES + CRYSTALENS = GREEN SUCCESS

Former Physicist & Avid Golfer Puts Research Skills To Work Before Choosing Dr. Davies For His Vision Correction Procedure...

P A T I E N T
S P O T L I G H T



Daniel Hyndman was born and grew up in Scotland, where he attended Saint Andrews

University. There, he earned a PhD in physics and did his thesis on Nuclear Magnetic Resonance. He trained with the best, in fact, his thesis advisor was Professor Raymond Andrew, the pioneer of Nuclear Magnetic Resonance who went on to perfect the MRI. At only 25, Daniel worked for the government in Europe on the hydrogen bomb.



Daniel Hyndman

In 1956 he came to the U.S. and, one year later, met his lovely wife Anna. They built a life together and had two wonderful daughters.

Fact or Theory?

Last year when Daniel was diagnosed with cataracts his eye doctor gave him a Crystalens brochure and suggested he see Dr. Davies. As an experienced scientist, Daniel put his research skills to work when deciding which surgeon should remove his cataracts and what lens option would be the best for him.

Crystalens and felt confident in Dr. Davies' expertise. I had made up my mind that it was the way to go. Actually, the thing that struck me the most about my surgery was the danish they served afterwards. Where did they get that?" he laughed.

Back On The Bright Green

Daniel saw an improvement in his vision as soon as he took the patch off the next morning. "It was the enhancement of the colors; they were so bright. I had surgery on my right eye only, so I still use glasses (1.25) when I'm reading for long periods of time. If I'm only going to be reading for a short time, I can read without glasses, which is wonderful." Since Dr. Davies implanted the Crystalens, Daniel has been able to enjoy one of his favorite hobbies again -- golfing! Without glasses, of course.

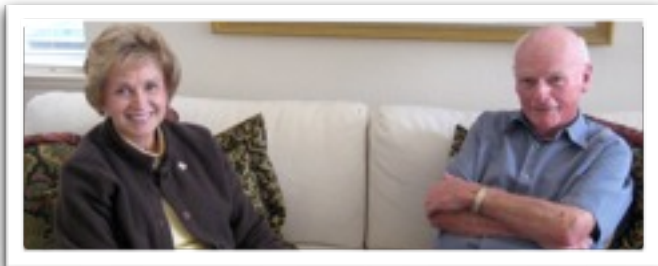
✓ *"I did some research online. I was impressed that a respected company like Bausch & Lomb had invested in the Crystalens," Daniel said.*

✓ *"I found Dr. Davies to be extremely knowledgeable and he had an excellent reputation. At the time he'd done over 700 Crystalens implantations, and now, I believe, he's helped over 1,000 people. After all of my research, I really felt Dr. Davies and Crystalens was the right choice."*

Daniel was so sure of his decision that on surgery day, he wasn't even nervous! "No, I wasn't nervous at all," said Daniel. "I researched the

"I'm not sure it's improved my game, but I can certainly see my bad shots longer!"

"My right eye is dominant, so as the cataract developed it became hard to hit the ball. I had to train my left eye to take over. Since the Crystalens implant, I've been able to go back to my comfort zone," Daniel said. "I'm looking forward to having my other eye done so I'll have the same great vision in both eyes."



Daniel & Anna Pose For A Quick Picture

Daniel was so happy with his results that when the most important person in his life, his wife Anna, needed cataract surgery he made sure she saw Dr. Davies for her Crystalens procedure. Anna and Daniel were so impressed with Dr. Davies that they haven't stopped raving about him. "Dr. Davies and his staff spoke to all my concerns before I even had to ask." The best part of all for Anna... "I'm completely eyeglass free for the first time in 34 years!"

SHARE THE DAVIES EYE FORMULA:

+ The Right Doctor

+ The Right Technology

+ The Right Staff

= The Right Results

Dr. **K** LEMAN'S
CORNER

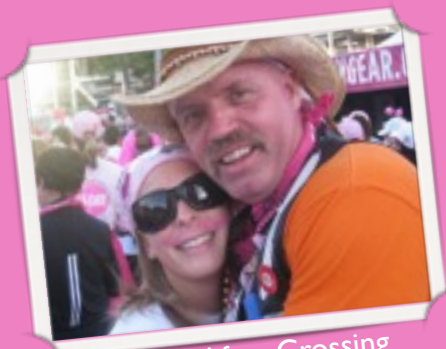


3 DAYS...60 MILES!
ALL TO HELP END BREAST CANCER

"Without a doubt, one of the most memorable events of my life!"

As many of you know, this past November I took part in the 2009 Susan G. Komen for the Cure in San Diego. I walked 60 miles in 3 days and raised over \$3500 with your help! And I would like to say **"THANK YOU"** - I am so **LUCKY** to have such thoughtful and caring patients like you. I was even so lucky as to train with one of you and share in the 3-Day experience. **THANK YOU** Cheryl for all your helpful hints and encouragement, and congratulations on another successful walk. Another special **THANK YOU** to Orb who has volunteered the past 7 years as part of the Safety Crew for the 3-Day. The walkers of the 3-Day are very fortunate and **LUCKY** to have Orb and the crew to make sure that all are kept safe and smiling as the miles go on! They add a very special atmosphere to the 3-Day that is very contagious!

HOPE YOU ENJOY THESE PICTURES FROM MY WALK!



Orb & I After Crossing The 60 Mile Finish Line



Posing With The San Jose Police



Husband Jim, Grandson Luke & Monica



CONGRATULATIONS, MONICA!

After her Crystalens procedure, we asked Monica what she loved the most about her new vision. She replied, "The best thing about the Crystalens is no more glasses! The colors are so vivid and I can read everything! Now that I can see clearly my husband jokes with me and asks, 'Are you sure I'm the one you married 15 years ago?' We will be with Dr. Davies forever...into our senior years and we are encouraging all of our family members to come see him."

"I Recommend Dr. Davies To Everybody!"

Monica referred her daughter Kristi to our office and is trying to get her other daughter, Kim into the office as well. As with every patient referral, she was entered into both our 2010 'Dare To Share' monthly and year end grand prize drawings. As you can see from the results above, sharing her experience at Davies Eye Center brought her tons of good **luck**.

ABOUT MONICA

Patient Since:	August 2004
Referred By:	Dr. Janie Bodman
City:	Carlsbad
Age:	53
Profession:	Admin Assistant
1st Referral:	Her Daughter Kristi
Favorite Hobby:	Watching her grandsons, Luke & Braydon.

To Monica & Dr. Bodman we say...

**We Are The
Luckiest People In
The World To Have
Friends Like You!**

Learn more about how you, too,
can become a winner at:

www.davieseye.com/daretoshare



My Kids... My Good Luck Charms?

*The Details Of My
Personal Wake Up Call*



Something unlucky happens to a lot of us over the years as we seem to develop glandular problems; by that I mean an overactive salivary gland. Every year or so I found my clothes shrinking in spite of my efforts to avoid a gain in weight. Did you know that if you eat in the dark the food has zero calories? I didn't believe it either, but the simple fact is that if we consume more calories than we use...especially those sugar calories we talked about last month, our body winds up converting the extra energy into fat that is stored and retained.

On to my **lucky charms**. Our eldest daughter Rachel, is an absolutely wonderful mother to our adorable grandchildren. It seems she carried that mothering instinct over to dear old Dad as one day last summer she approached my wife and said, "Mom, the kids have been talking. Dad is overweight, he's on cholesterol and blood pressure medications and we're afraid he's going to have a heart attack or a stroke. We're talking about conducting an intervention."

An intervention? What in the world did that mean? Were they going to ambush me, tie me down and sew my lips shut? Whatever they were planning, **lucky charm** or not, I wanted no part of it. I suppose I got tired of growing out of my clothes, but the thought of an "intervention" was the last straw.

On July 11th, 2009, I decided to create my own **luck**. This was the day that I began my Carl's Jr. french fry diet. No, that doesn't mean that those tasty morsels are the mainstay of my daily intake, but that they could no longer be a part of my diet, except in rare circumstances.

Drat, I love french fries! But I have learned to love feeling fit more than those french fries.

After 180 french-fry-free days (and some other changes, of course), I have lost and maintained a 50+ pound weight loss, and I no longer need cholesterol and blood pressure medications.

Keep LUCK On Your Side!

Two Tips To Avoid Diabetic
Retinopathy, Cataracts & Glaucoma:

1. Schedule your annual dilated eye exam at Davies Eye Center.
2. Carefully control a your blood sugar through a heathy diet.

That means that diabetes, heart disease and stroke are, most likely, not in my future. I'll have to get run over by a bus or be taken out by crazed terrorists now.

Are you or someone you know packing more pounds than you should? I urge you to join me in lowering your weight and the risk of vision loss from diabetes, a stroke and heart disease? Then maybe you should do so before I send my "interventionist" children after you! And to my friends Mac, Jack, Carl and the King, I apologize for any distress this article may inflict upon you. (Sell more salads!)

Dr. Jim's Joke

An Irish Toast

A guy raises his glass and toasts his blonde girlfriend. "May you be in Heaven a half-hour before the devil knows you're dead!"

"What's that mean?"

"That is an authentic Irish toast."

"Oh. In that case, here's to bread, eggs and cinnamon."

"Bread, eggs and cinnamon? What's that?"

"That's French toast."

Dare To Share

2010 Davies Eye Center
Patient Referral Program

Winning Is As Easy As 1 - 2 - 3!

- 1 Refer a family member or friend to Davies Eye Center by telling them about the great service and care you received by Dr. Davies and our staff.
- 2 Have that person schedule an appointment in our office by calling **(760) 729 - 7101**.
- 3 Be sure that person tells us that YOU referred them to Davies Eye Center.

...It's That Simple!!!

***Next Monthly Drawing:
Wednesday, March 31st
4:30pm**

**See Last Month's Winner Details -
Go To Page 6 Now!**



Are You The Next Lucky Winner?

Deluxe Dinner Package



Costco Cash Card



**Dinner For Two At
Ruth Chris Steak House**



Weekend Getaway For Two



Harbor Dinner Cruise



Broadway Show Tickets



iPod Touch



Royal Spa Treatment



Chevron Gas Card



Golf Shop Shopping Spree



Target Gift Card



Runner Up & Grand Prizes

